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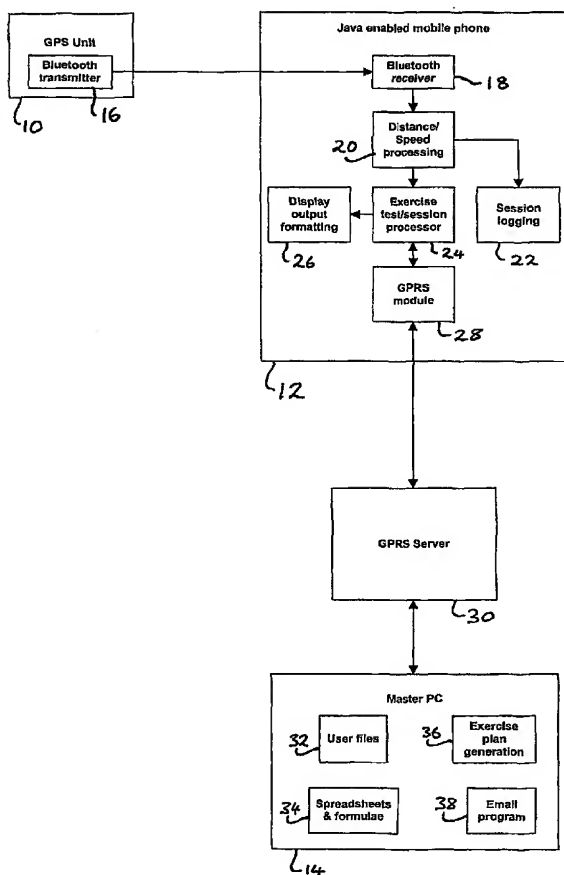
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(54) Title: EXERCISE MONITOR



(57) Abstract: A device for measuring the aerobic capacity of a sub-  
ject, has an input for receiving a measurement of distance travelled in  
a given time. The time is chosen to be sufficiently large to ensure that  
the user is working at the maximum of his or her aerobic capacity. A  
processor determines from the values of distance and time an aerobic  
capacity, and a measure of exercise level is output to the user based on  
the calculated aerobic capacity. The calculated aerobic capacity con-  
forms to the relationship expressed as:  $V02max = a + bx + c(x^2)$   
wherein V02max is the maximal oxygen consumption of a user; a, b  
and c are non-zero constants, and x is a measure of distance per unit  
time.

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